

# CREATING HOPE AND DEVELOPING WELLNESS THROUGH ART MAKING

for First Nation, Inuit, Metis & Urban Organizations  
(youth workers, teachers, wellness workers, day care)

Edmonton Oct 17-19, 2011 Toronto Nov 1-3, 2011

Three Day Professional Training Workshop  
990.00 per person - (3 or more 900.00each)

## AGENDA

### Day 1

- Explore strategies to create an emotional safe and cultural relevant space when working with art within the healing and learning settings.
- Learn about the important role that emotional and symbolic creative expressions have and there use in the healing and therapeutic process.
- Explore Art teniques to open and prepare for new stages; identify problems; develop insights; and create transformation.

### Day 2

- Explore the power of images to create wellness
- Explore the use of Art to address body image related issues.
- Learn basic art making techniques to develop self-esteem
- Experience the theraputic power of color, shape and form.

### Day 3

- Explore the power of music to develop emotional states.
- Understand the Mozart effect and how to use music making in the healing or school setting.
- The power of myth methaphore and images to heal emotional rounds.
- Explore the use of photography in identity construction and cultural strengthening.

**Fax Today to 1.866.636.7022**

Organization\_\_\_\_\_

Title\_\_\_\_\_

Name\_\_\_\_\_

Name 2\_\_\_\_\_

Name 3\_\_\_\_\_

Name 4\_\_\_\_\_

Name 5\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ Postal Code\_\_\_\_\_

Phone\_\_\_\_\_ Fax\_\_\_\_\_

Email Address\_\_\_\_\_

*"Trainer was very good, focused and able to transmit knowledge. I will attempt to bring this trainer (Andrea) to work with youth in our community."* Ona Fiddler-Berteig  
Fort McKay First Nation

*"I received more than my money's worth. Wish and hope this for every person, community, child , youth."* Doreen Pasap White Bear Sk



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Email [info@believeinouryouth.com](mailto:info@believeinouryouth.com) or go [www.believeinouryouth.com](http://www.believeinouryouth.com)

Book early spaces are limited